



Adelaide Academy of Combat & Defence

Ph. 0414 422 545

Website: www.aacd.info



Grading Syllabus – Black

- 1) 2 X left and right Hostile hand shake 5
- 2) 2 X left and right Hostile hand shake 6
- 3) 2 X Bear hug arms in behind 1
- 4) 2 X Bear hug arms in behind 2
- 5) 2 X Bear hug arms in behind 3
- 6) 2 X Bear hug arms in behind 4
- 7) 2 X Bear hug front arms in 1
- 8) 2 X Bear hug front arms in 2
- 9) 2 X Bear hug front arms out 1
- 10) 2 X Bear hug front arms out 2
- 11) 2 X Bear hug front arms out 3
- 12) 2 X Defence against kick 1
- 13) 2 X Defence against kick 2
- 14) 2 X Defence against kick 3
- 15) 2 X Defence against kick 4
- 16) Multiple attackers
- 17) 2 X Overhead strike with stick (1)
- 18) 2 X Overhead strike with stick (2)
- 19) 2 X Forehand strike with stick (1)
- 20) 2 X Forehand strike with stick (2)
- 21) 2 X Straight stab with knife
- 22) 2 X Backward slash with knife

Pass (30) Good (40) Exe (52)